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ABSTRACT

Based largely on the theories of Alfred Adler and Rudolf Dreikurs, this parent education curriculum is a video-based interactive learning experience that teaches a comprehensive model of parenting to parents of children ages 5 to 12 years. The kit provides parents with the skills needed to help their children develop courage, responsibility, and self-esteem. The video-based program is composed of six sessions, approximately 2 hours each and is designed to be implemented with a facilitator leading a group of 10-20 parents. The sessions are: (1) "The Active Parent"; (2) "Winning Cooperation"; (3) "Responsibility and Discipline"; (4) "Understanding and Redirecting Misbehavior"; (5) "Building Courage, Character, and Self-Esteem"; and (6) "The Active Family Now." The sessions impart information to parents through five mediums: group discussion, practice activities, flip charts or overhead transparencies, videotape vignettes, and the Parent's Guide. A separate Leader's Guide presents the sessions step by step, guiding the transitions between videotaped segments and group discussion. The introduction to the Leader's Guide discusses the leader's role and provides tips for using the guide. The video materials, totaling approximately 160 minutes, present 47 vignettes depicting 4 families engaged in a variety of typical family learning situations. The Parent's Guide contains instruction for adopting effective active parenting skills and methods at home. This guide also contains activity sheets for parents to complete to reinforce concepts covered in each session, including a parent completion certificate. (Includes 2 full-color course announcement posters and 1 full-color promotional flyer.) (KB)

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